

Unintended Pregnancy

INFORMATION FOR ADULTS WHO CARE ABOUT WOMEN & INFANTS

Why does it matter?

- Mothers are more likely to seek prenatal care after the first three months they are pregnant or not obtain care at all.
- The mother is more likely to expose the fetus to harmful substances such as tobacco or alcohol.
- The baby is at greater risk of being low birth weight and of dying in the first year or life.
- The mother is at greater risk of physical abuse and her relationship with her partner is at greater risk of ending.

In South Dakota...

Did You Know?

Need More Information?

- Unintended pregnancy is a general term that includes pregnancies a woman reports as either mistimed or unwanted at the time of conception. If an unintended pregnancy occurs and is carried to term, the birth may be a wanted one, but the pregnancy would be classified as unintended. (Healthy People 2010)

Need more details?

- Teenaged mothers are less likely to get or stay married, less likely to complete high school or college, and more likely to require public assistance and to live in poverty than their peers who are not mothers. (Healthy People 2010)

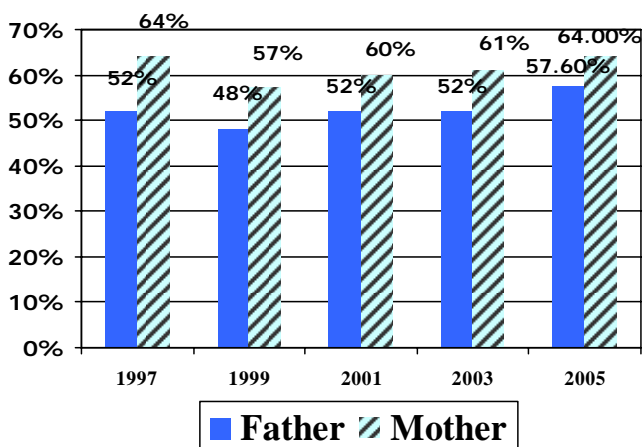
✦ The Healthy People 2010 goal is to increase the proportion of intended pregnancies to 70 percent.

- According to the the SD 2005 Perinatal Health Assessment Risk Report, the proportion of intended pregnancies in South Dakota is 64%.

- In South Dakota, of the 169,310 women aged 13-44, 81,890 are at risk for unintended pregnancy in South Dakota. (Alan Guttmacher Institute, 2003)

- There are 61.6 million women of childbearing age (15-44) residing in the United States, 157,831 of whom live in South Dakota. (United States Census, 2000)
- In 2004, the rate of births for adolescents in South Dakota aged 17 years and younger was 12.8 per 1,000 adolescents. (SD Department of Health Vital Statistics)

Intendedness of Pregnancy in SD



Source: SD Perinatal Health Risk Assessment Report 2005

- The United States has the highest rate of pregnant teens among developed countries. About 1 million teens become pregnant each year; 80% of those pregnancies are unintended and almost 50% end in abortions. (National Women's Health Information Center)

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How Can Men Help Prevent an Unintended Pregnancy?

- ☞ Don't have sex without using birth control.
- ☞ Start talking about birth control before you have sex.
- ☞ Offer to take your partner to a family planning clinic or doctor.
- ☞ Offer to help pay for your partner's clinic visit and method of birth control.
- ☞ Learn about birth control by going to a clinic, doctor, or reading pamphlets.
- ☞ Offer to use condoms to show that you care and are willing to take responsibility. Condoms will also help protect you from sexually transmitted diseases.
- ☞ Help your partner use birth control.
- ☞ Talk about what would happen just in case your partner did get pregnant.
- ☞ Talk to other men to share what you know about birth control. Also encourage other men to talk to their friends about birth control.

For More Information Contact:

South Dakota Department of Health
615 East 4th Street
Pierre, SD 57501-1700
Phone: 1-800-738-2301
Fax: 605-773-5942
<http://www.state.sd.us/doh/doh.html>

Can Getting Pregnant

After Age 35 be Risky?

Mothers at or older than 35 years may be at increased risk for:

- Dysfunctional labor
- C-section
- Gestational Diabetes
- Late pregnancy bleeding
- Preeclampsia and hypertension

The fetus may be at increased risk of:

- Weighing <2500gm or > 4000gm
- Spontaneous abortion
- Stillbirth
- C-section
- Chromosome abnormalities

**Good prenatal care, good nutrition, and mild exercise can help*

reduce certain risks.

Risks of Teenage Pregnancy

- ▲ Teens often have poor eating habits, neglect to take a multivitamin, and may smoke, drink alcohol and take drugs, increasing the chances for risk of health problems in their babies.
- ▲ Pregnant teens are least likely of all maternal age groups of mothers to get early and regular prenatal care.
- ▲ Teen mothers have greater risks than women over age 20 for problems while pregnant such as premature labor, low iron in blood and high blood pressure.
- ▲ A baby born to a teenage mother is more at risk of having a low birthweight.
- ▲ Low-birthweight babies may have organs that are not fully developed. This can lead to lung problems such as respiratory distress syndrome, or bleeding in the brain, vision loss and serious intestinal problems.

Source: March of Dimes; Teenage Pregnancy Fact Sheet